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The month of January kicks off by welcoming the new year — there are countdowns, fireworks, and of course, the ball drop in a freezing-cold Times Square. But why? Why do we start our calendars when much of the U.S. is in the dead of winter? Why January? The short answer is Julius Caesar and Roman politics.

The calendar had long been a political tool in Rome. Depending on who was in power, Roman pontifices would add or subtract entire weeks from the year, manually adjusting the term limits of elected officials. As you could imagine, this caused a lot of chaos, because months frequently slipped out of time with the changing seasons. After becoming emperor, Julius Caesar brought about some much-needed reforms.

Inspired by the Egyptian solar calendar, Caesar fixed the Roman year at 365 days and instituted the leap year to keep months aligned with the solstices. He moved the new year from the spring to the day that elected officials traditionally began their year-long terms, Jan. 1.

This choice carried spiritual significance, since January was named for Janus, god of doors and gates. What better month to celebrate new beginnings? Under

Caesar and subsequent rulers, the Roman Empire expanded its reach, carrying its calendar with it. While much of Europe adopted Caesar's calendar, New Year's Day remained a hot-button issue for centuries.

Thanks in part to the spread of Christianity and to the colder conditions in Northern Europe, there was a lot of resistance to the January start date. Religious leaders saw it as a pagan holiday, and much of Europe chose to restart the calendar on March 25, during the Feast of Annunciation. Much of Catholic Europe officially recognized Jan. 1 as the start of the new year after Pope Gregory reformed the solar calendar again, correcting certain mathematical errors made in Caesar's day. There were still holdouts, however. In fact, England and its American colonies continued to celebrate New Year's Day in March until 1752.

So there you have it — we were very close to having our fireworks celebrations in lovely spring weather. Ultimately, the ubiquity of the Gregorian calendar won out, as the demands of our increasingly interconnected world made a shared calendar a necessity. So if you struggle to start your New Year's resolutions this winter, blame Julius Caesar.

'CHANGING LIVES ONE SMILE AT A TIME' How and Why I Wrote My First Book

Six months ago, I crossed an item off my list of lifetime goals. That accomplishment was writing and publishing a book. It took longer than I expected, but every moment was a labor of love. I learned a lot about writing and even more about myself in the process. But somehow, in all my excitement, I forgot to mention the book in the newsletter.

It's called "Changing Lives One Smile at a Time," and it covers many of the lessons I've learned during my career as a dentist. It also details some of the qualities and values that make Newman Springs Dental Care what it is.

If you'd like a copy, feel free to stop by the office and pick one up. I'd be happy to sign it for you. You can also find the book on Amazon, and there are links to it on our website. To give you a sneak peak of what to expect from the book and to provide a little more insight on why I wrote it, I've included an excerpt from the introduction below. I hope you enjoy it.

I wrote this book for you.

This book is for anyone who may have dental anxiety for any reason. This includes tens of millions of people across the United States. Conservatively speaking, this includes hundreds of people in Lincroft and thousands in its surrounding communities.

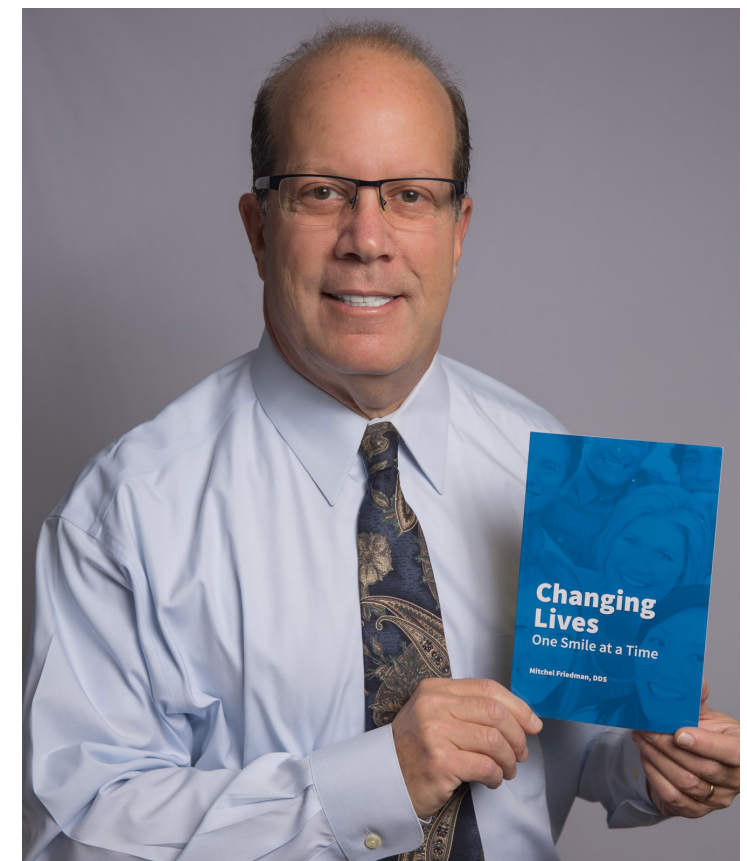
I wrote it for young adults who are on their own for the first time and looking for a dental home. I wrote it for parents who may be looking for a family dentist. I wrote it for older adults whose own children are grown and who haven't been to the dentist in years — or maybe decades — because they took care of their family first and neglected themselves.

This book is for anyone who is afraid of the dentist, for anyone who cares about someone who has dental anxiety, and for anyone who may develop dental anxiety in the future.

It's easy to say that you shouldn't be afraid to go to the dentist. In reality, overcoming dental anxiety can be difficult. But it is possible. I know because I've seen it happen time and again at our practice.

I want to show you and your loved ones that you can feel comfortable visiting the dentist as part of your normal hygiene routine for decades to come.

If you're looking for a quick, informative read to start the year, I encourage you to contact us and pick up a copy. My wish is that you'll get as much enjoyment out of reading it as I got from writing it.



—Dr. Mitchel Friedman



**Employer Benefits Renew in the New Year!
You can now book your appointments online**

via our website at bestlincroftdentist.com and on our Facebook page @NewmanSpringsDental. It's easy and convenient. You can even check availabilities to choose the date and time that works with your schedule. Give it a try today!

OUR 8TH ANNUAL CANDY BUYBACK

362 POUNDS SENT TO TROOPS OVERSEAS

It's rare that children would want their dentists to see them with their arms full of candy, but that's exactly what we encouraged young patients and their parents to do on Nov. 5.

To help prevent cavities and the other dental issues associated with excessive sugar consumption, we invite children to bring their unwanted candy to us every year for our Halloween Candy Buyback. Children offer up their excess spoils in exchange for \$1 per pound of treats turned in, flashing toothbrushes, and snacks. This candy is then shipped to deployed service members.



Candy Buy Back 2018

"All collected candy was individually boxed up and sent to troops overseas," said Dr. Aparna Menon. Many children also wrote letters to the soldiers to include in the packages. "Most youngsters were willing to part with their candy, with some even turning down the money."

The event yielded 362 pounds of sweets. Lucille Springer and Ronnie Miccuilla of American Recreational Military Services (SupportArms.org) will make sure that the candy from this year gets to our troops in individualized packages. Our employees here at this Lincroft practice donated toothbrushes and floss so that the candy could be enjoyed without guilt. The event was co-sponsored by Comcast Spotlight.



The entire Newman Springs Dental Care Team was thrilled to participate in Dentistry From The Heart 2018!

A NOTE FOR PATIENTS WITH METLIFE INSURANCE

Our relationship with MetLife is changing.

After many years of working under contract with MetLife Insurance, Newman Springs Dental Care will no longer be a contracted provider as of Jan. 1, 2019. We will be happy to continue accepting your MetLife insurance, and we will let you know if this change will affect you in any way once we verify your dental benefits in 2019.

WHY THIS CHANGE?

MetLife has not increased their reimbursement rate in the last 10 years, and they are unwilling to negotiate. Because we do not wish to compromise on the quality of our materials and the time we reserve for each individual patient, we will not be renewing our contract with them.

CAN I STILL COME TO NEWMAN SPRINGS DENTAL CARE IF I HAVE METLIFE?

Absolutely! We will let you know, based on your coverage, if there will be any increase to your out-of-pocket expense. In most cases, the out-of-pocket cost for the patient will be the same or minimally different, especially for preventive care.

Thank you for continuing to trust our office with your dental care needs. If there's anything we can do to make your experience more enjoyable, please let us know.

A MESSAGE OF UNIVERSAL LOVE COMMEMORATING MLK JR.

In many of his speeches and sermons, Dr. Martin Luther King Jr. spoke about love. He wasn't talking about the romantic kind, though. Dr. King often used the term "agape," an Ancient Greek word used to refer to the unconditional love of God for man, to talk about universal love for all people, regardless of race, religion, or circumstance.

We commemorate Dr. King on Jan. 21. It's a celebration and a National Day of Service, so take the opportunity to honor Dr. King's message of universal love. Here are three ways to put agape into practice.

1. PAY A VISIT TO A HISTORICAL SITE.

Immerse yourself in Dr. King's message this month by visiting the places where these historic events occurred. Our nation is full of opportunities to become better acquainted with the birth of the civil rights movement, from the King Center in Atlanta, Georgia, to Selma, Alabama, where protest marches were held in 1965. After all, if we don't know our past, we are doomed to repeat it.

2. EDUCATE YOURSELF AND OTHERS ABOUT THE STRUGGLES PEOPLE HAVE FACED.

Learning about the experiences of others cultivates empathy. When you interact with someone across cultural or subcultural boundaries, it helps to reduce prejudice. Promote positive interactions in your community by hosting a film night or book club focused on the civil rights movement. You can feature a movie like "Selma" or "13th." For a book club, select an autobiography or biography that puts yourself in someone else's shoes, like Maya Angelou's "I Know Why the Caged Bird Sings," or Rebecca Skloot's "The Immortal Life of Henrietta Lacks."

3. SHARE THE MESSAGE OF NONVIOLENCE AND GIVE BACK TO YOUR COMMUNITY.

At the center of Dr. King's message was the principle of nonviolence. Consider how you can advocate for nonviolence in your community. You could donate your time or money to a local shelter for victims of abuse, or volunteer your home to foster abandoned pets. If you're part of a PTA or another school organization, encourage students to put an end to bullying. The Mix It Up program has anti-bullying lessons and activities that support King's message.

Take some time to reflect on Dr. Martin Luther King Jr.'s vision this month and take part in the universal message of love. Don't we all want more of that?

DOUBLE TROUBLE

CLEAN YOUR SMILE AND ENJOY YOUR FAVORITE FOODS

Who says multitasking is impossible? Well, brain science does. But dental science says you can enjoy a snack and get some dental cleaning done at the same time. Check out some of these treats that pull double duty as both yummy snacks and superfoods for your smile.

CHEESE, PLEASE (AND OTHER DAIRY TOO)

In addition to providing your bones and teeth with calcium, dairy products, like cheese, yogurt, and others, can be low in sugar. Dairy lowers the acidity level in your mouth and creates an unfavorable environment for bacteria that could ruin your perfect smile. Plus, chewing cheese promotes saliva production, which is effectively nature's toothbrush. As long as you don't go overboard, dental experts say there's nothing wrong with cutting the cheese.

A FEAST FIT FOR RABBITS Few people get excited about bland treats like celery or carrots, but your teeth just might. The physical action of eating carrots and celery stimulates your mouth to produce more saliva. Plus, the textures of these vegetables can help brush gunk off your gums and pearly whites, aiding your saliva in its mission. As a bonus, the vitamins these veggies contain are great for your gums and bone

health. (Though teeth are not bones, they are very similar in composition.) So follow Peter Rabbit's lead, and get in a daily serving of teeth-brushing vegetables.

THINK ABOUT YOUR GUMS Since the purpose of gum is to be mashed between your teeth for long periods of time, it's natural to produce buckets of saliva while enjoying a piece. But dentists warn that in order to get the full benefits for your gums and teeth, you should be chewing sugar-free gum to avoid caking your mouth in enamel-gnawing sugars. Although the sugar content in most gum flavors isn't high enough to completely outweigh the pros of the chewing motion and saliva production, it's still wise to be mindful of the sugars your favorite gum contains.

The best way to get the perfect smile is with regular dental cleanings, brushing, and flossing. Call Newman Springs Dental Care today to schedule your next cleaning!



CONGRATULATIONS TO TERRY ANN SCHWARZ FOR REFERRING THE MOST PATIENTS IN 2018!
SHE WON A 40-INCH LED TV!

CONGRATULATIONS TO NOVEMBER'S VIP DAN HARASTY WINNING YOUR \$100 RESTAURANT GIFT CARD

CITRUS & AVOCADO SALAD

Ingredients

- 1 blood, cara cara, or navel orange, sliced 1/8-inch thick and deseeded
- 1 Meyer or regular lemon, sliced 1/8-inch thick and deseeded
- 4 tablespoons olive oil, divided
- 1/4 small red onion, thinly sliced
- 2 tablespoons fresh lemon juice
- 1 bunch arugula
- 1/2 cup fresh mint leaves
- 1 avocado, cut into wedges
- Salt and pepper, to taste

Directions

- Heat oven to 425 F.
- In a rimmed baking sheet, toss citrus slices with 1 tablespoon oil and season with salt and pepper. Roast citrus until lightly charred and caramelized, about 10–15 minutes. Let cool.
- Meanwhile, in a large mixing bowl, combine onion and lemon juice. Season with salt and let sit for 5 minutes.
- Add citrus, arugula, and mint to onion mixture. Drizzle with remaining oil, season with salt and pepper to taste, and toss thoroughly.
- Add avocado, combining very gently to not crush avocado.

